

# Understanding Saum

# Lesson 1 - Introduction to Saum

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# Lesson 2 - The Purpose of Fasting

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	How does this help a Muslim?	10
22	How should fasting help change our behaviour towards poor people?	10
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24	Fasting helps a person appreciate the value of food.	10
24	If a person values food, what will they not do?	10



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48	What does "vomiting <i>a mouthful</i> " mean?	18
49	What makes Qadhaa' and Kaffaarah necessary?	18
	Our Prophet 🗆 said, "Deliberately missing one fast of Ramadhan	
50	(without a valid reason) cannot be compensated for, even by keeping	18
50	fast for an entire lifetime."	10
	What does this Hadith mean?	



# Lesson 5 - What is Kaffarah?

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